

Alden Recreation Dept. Aquatics Program - Summer 2006

Welcome to a Summer of Fabulous Water Fun & Fitness !

Providing your family with water safety skills to last a lifetime !

"We're working to waterproof America - One wave at a time!"

Swim lessons and swim program activities are conducted by American Red Cross Certified Lifeguards and Water Safety Instructors - incorporating updated guidelines.

Please direct specific swim questions to Alden Aquatics Director- Mrs. Pam Turton, Assistant- Erin Szajta, Pool # 937-9116X4100, or Recreation Dept. 937-7393. Staff will be available at registration to assist with proper learn - to - swim level placement. Lessons greatly enhance swim proficiency for Alden Central Sch. Phys. Ed. swim sessions.

All Swim Lessons Run Monday - Friday as Follows:

Session 1.....June 26 - July 7
Session 2.....July 10 - July 21
Session 3..... July 24 - August 4

Kiddie Pool Schedule

Dependent on Weather Conditions

June 26 - September 4, 2006

Sun. Mon. Fri. Sat.....11:00- 5 pm
Tues. Weds. Thurs.....11:00 - 6 pm

<u>Time</u>	<u>Days</u>	<u>Activities:</u>	
7:30 - 9:00 am	M T W Th	Bullfrogs Swim Practice	
9:00 - 9:45 am	M - F	Levels - 4, 5, 6	
10:00 - 10:45 am	M - F	Levels - 1, 2, 3, 4	<u>REGISTRATION DATES:</u>
11:00 - 11:45 am	M - F	Levels - 1, 2, 3, 4	Alden Community Center-
12:00 - 12:45 pm	M - F	Levels - 1, 2, 5, 6	Sat. June 3, 9:00 - noon
1:00 - 1:45 pm	T, W, Th	Private or Special needs Synchronized swim	Weds. June 7, 6 - 8 pm
2:00 - 4:00 pm	M - F	Open Swim	Alden HS Pool -
			Thurs. June 8, 6 - 8 pm
			Sat. June 10, 9 - noon
			<i>on-going after June 26</i>

**The following programs run for 6 weeks-*

**see course descriptions*

6:30 - 7:30 AM	T, Th	Lap Swim	
5:00 - 6:30 pm	M,T, W, Th	Lap Swim	<u>Program Fees</u>
			\$1.00.....Open Swim
6:30 - 7:30 pm	M	Parent/Child Aquatics-01	per day/person
		Guard Start	\$10.00 -Levels 1 - 6,
	T	Levels - 1, 2, 3, 4	Parent/child-session
	W	Parent/Child Aquatics-02	\$15.00 - Diving Classes
		Fundamentals of Diving	\$20.00 - Bulldogs Team
	Th	Private or Special needs	Lap Swim
		Deep End Lap Swim	\$25.00 - Aquasize,
6:00 - 8:00 pm	F	Family Swim	Private or Special
7:30 - 8:30	M	Lap Swim	Needs lessons
	W	Competitive Diving	
	T, Th	Aquasize	

Course Descriptions:

Only the American red Cross offers six comprehensive course levels that teach participants how to swim skillfully and safely. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at level 1 or in Parent/Child till independent of floatation devices.

Level 1 - Enter and exit water safely, open eyes underwater & pick up submerged object, swim on front & back using arm & leg actions, submerge mouth, nose & eyes, float on front & back, follow basic water safety rules, exhale underwater through mouth & nose, explore arm & hand movements, use life jacket.

Level 2 - Enter water by stepping or jumping from side, open eyes underwater pick up submerged object, roll over from front to back, back to front, swim on front and back using combined strokes, move in water while wearing a life jacket, exit water safely using ladder or side, float on front & back, swim on side, tread water using arm and leg motions, submerge entire head, perform front & back glide.

Level 3 - Jump into deep water from the side, bob with head fully submerged, perform survival float, perform the HELP & Huddle position, change from horizontal to vertical position on front & back, dive from kneeling or standing position, use rotary breathing in horizontal position, perform front & back crawl, perform a reaching assist, submerge & retrieve an object, front & back glide, butterfly - kick & body motion, Use Check-call-Care in an emergency.

Level 4 - Shallow dive or dive from stride position, open turns on front or back using any stroke, swim underwater, tread using sculling arm motions & kick, feet first surface dive, front & back crawl, elementary backstroke, breaststroke, butterfly, swim on side using scissors kick, use safe diving rules, throwing assist, compact jump with life jacket, care for conscious choking victim.

Level 5 - Tread water, survival swimming, rescue breathing, standing dive, tuck surface dive, backstroke flip turn, breaststroke, shallow dive, pike surface dive, front & back crawl, elementary backstroke, front flip turn, butterfly, sidestroke.

Level 6 - Purpose: Refines the strokes so students swim them with ease, efficiency, power & smoothness over greater distances. Level 6 is designed with “menu” options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor & Lifeguard Training courses. Personal Water Safety & Fitness Swimmer offered this Summer.

Bullfrogs Recreation Swim Team - Great opportunity for modified & high school swim team workouts, plus an excellent start for younger swimmers interested in competition. Team suits may be ordered at registration, payment due by first practice. Swim Meet details at registration. Coach- collegian competitor, Erin Szajta, assistance from HS swim team members.

Fundamentals/Competitive Diving - Recreation program conducted by Alden HS Swim Team and certified Diving coach Gary Grant. Dive in for fun, form & exhilaration.

Aquasize & Water Walking - Fitness fun with the benefits of a great water workout that improves cardiovascular functioning, muscular strength & endurance, yet relieves stress on joints. Participants work at individual intensity. Upbeat music, all ages welcome, water lift chair available, water shoes recommended, hand weights optional, dynabands provided & available to purchase.

Guard Start - Fun, challenging course for 11 years old and up. Basic to advanced rescue skills and water safety, improvement and endurance of all strokes. Designed to build a foundation of knowledge, attitudes and skills for future lifeguards. NOT a lifeguard certification course. Pre-test: swim 25 yards front crawl with proper breathing, tread water 2 minutes, swim underwater 10 feet.

Parent/Child - Ages 6 mos.- 5 yrs. For very young to feel comfortable, use motor skills, learn safety. Adult must accompany child in water. Instructor leads skills according to child's age & ability. Use plastic swim pants as suit or under suit. Back bubbles may be used, bring your own or order at registration, \$10.00 at first class. Pediatrician's prior approval is recommended.

Private or Special Needs - One on one instruction, based upon the needs of swimmer. This may be an older child or adult to overcome fear or a handicapped person for rehab or water fun. Talk to Mrs. Turton.

Lap Swim- Swim laps for personal fitness. Note additional pool times. Have a swimmingly fun Summer!